

Spiced Baked Ham

Yuletide celebrations in centuries past used ham as a meal centerpiece; hundreds of years later, the succulent dish has become a staple of modern American Christmas dinners.

Ingredients:

- ✿ 1 cup of sugar-free maple syrup
- ✿ 3 tablespoons orange juice
- ✿ $\frac{1}{4}$ teaspoon ground ginger
- ✿ $\frac{1}{4}$ teaspoon ground cinnamon
- ✿ $\frac{1}{4}$ teaspoon ground cloves
- ✿ 5-pound fully cooked whole boneless low-sodium ham

Directions:

1. Preheat oven to 325°F.
2. For the glaze, combine maple syrup, orange juice, ginger, cinnamon and cloves in a bowl, stirring well.
3. Place ham flat side down on a rack in a shallow roasting pan. Bake uncovered for 45 minutes.
4. Brush ham thickly with glaze and continue baking for 30-45 minutes longer, until an instant-read thermometer registers 140 degrees (15-18 minutes per pound).

Makes 16-20 servings.

REMINDER TO SELF: Ask parents if children have any food allergies!

